

Oven Baked Sweet Potatoes

Makes: 4 Servings

1 medium sweet potato provides more than a day's worth of vitamin A and 35% of the daily recommended amount of vitamin C. You may also use sweet potatoes in soups or baked goods such as breads, muffins, or sweet potato pie.

Ingredients

4 medium sweet potatoes
nonstick cooking spray
1 tablespoon vegetable oil
1/2 teaspoon black pepper
1/2 teaspoon paprika
cayenne pepper (1/4 teaspoon, if you like)
1/8 teaspoon salt
3 cloves garlic (chopped)

Directions

1. Preheat oven to 375 degrees F. Spray a baking sheet with nonstick cooking spray. 2. Cut potatoes into wedges or strips. Place in a bowl of cold water for 15 minutes. 3. Drain potatoes. Place in a large bowl and coat with vegetable oil. Season with black pepper and salt. If using cayenne and paprika, add that too. Place in a single layer on the baking sheet. 4. Bake for 20 minutes. Remove from oven, turn the potatoes over with a spatula, and sprinkle with garlic. Bake an additional 15 minutes or until browned and crisp.

Recipe adapted from Food.com

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	150	
Total Fat	3.5 g	
Protein	2 g	
Carbohydrates	27 g	
Dietary Fiber	4 g	
Saturated Fat	NA	
Sodium	140 mg	